



Physical Activity Resources

Walking With your Kids



The Surgeon General recommends 30 minutes of activity each day, which doesn't have to be consecutive minutes. Research Says: You Increase fitness with 3 exercise sessions per week, 2 per week will maintain you at your current level. Check with your doctor for any health concern before beginning a walking program.

1. **Collective Score-** add the number of laps (whatever your lap is) for the group (your family) for a group grand total. See if you can increase the score next time.
2. **Alphabet Walk-** record one thing you saw on your walk that begins with each letter of the alphabet (tree=t, car=c, flower=f, etc)
3. **Around the Town-** design and follow a certain route on a map of your town.
4. **Estimated Pace-** predict how long it will take to complete a certain distance of number of laps. Time you walk, how close was your estimation?
5. **Homework Walk-** practice quizzing one another on spelling words, math facts, etc, as you walk. One person should have note cards with the information to be studied.
6. **Pass Back and Walk Forward-** walk in a row or line, the first person has an object, which they pass down the line as they walk. When the object gets to the last person, the person must walk fast and pass everyone to be the first person in the line. Continue passing the object and walking forward for the rest of the walk. How many times did each person get in the front of the line?
7. **Find a Corner-** using a scavenger hunt type work sheet. Where walkers fill in the name of streets where there is corner at the top of a hill, with a church, with a school, where one street is a color, where one street is a number, with a government building, with a restraint, that is downtown, with a Spanish name, etc.
8. **Scavenger Hunt-** walk and check off the list of things you find; e/g/, a mailbox, a red truck, an aspen tree, a Joshua tree, yellow flowers, a "for sale" sign, someone else walking, a street without telephone lines above the ground, a friendly dog, a water tank, a basketball goal, a piece of trash, etc.
9. **Where in the World-** scavenger hunt to find objects in your community; e.g. a statue with a horse, a statue of Madame Curie, a medieval theatre, a 2002 Winter Olympic plaque, a rock church, etc.
10. **Stair Walk-** record the number of laps & the heart rate per minute. Walk up & down on the right & no running!



11. **Choose Your Walk**- walk in place while watching TV, walk to the grocery store, take a sunrise or sunset walk, walk to lunch, walk the golf course, take a Sunday walk, park a block from the mall & walk, use the stairs instead of the elevator, walk with a friend, walk to your friends, instead of calling them, walk around the house during each commercial break, take an extra lap around the grocery store while shopping.
12. **Listening Game**-How many of these things can you hear on your way to and from School? Circles the ones that you hear.

1. Baby Crying
2. Ball Bouncing
3. Bee Buzzing
4. Bell Ringing
5. Bird Singing
6. Ice-Cream Van Chime
7. Keys Jangling
8. Lawnmower
9. Leaves Rustling
10. Car Engine
11. Door Shutting
12. Drilling
13. Dog Barking
14. Children Laughing
15. Car Horn Sounding
16. Someone Shouting
17. Someone Whistling
18. Siren Soundng
19. Music playing
20. Motorbike Engine

